



NUTRILITE®

Nutritional Supplements

# EATING PLANS AT A GLANCE



Exclusively from **Amway**

# Unlock a New You With BodyKey by Nutrilite!

The new BODYKEY by NUTRILITE™ Weight Management Program provides you with a personalized path to work toward weight loss for life. This Eating Plans at a Glance guide helps you find the plan that works best for you if you are unable to take the genetic test that comes with the Jump Start Kit.

## PERSONALIZED

Three plans based on specific proportions of carbohydrates, protein, and fat – and your eating preferences.

## EFFECTIVE

High-quality products backed by the NUTRILITE® brand.

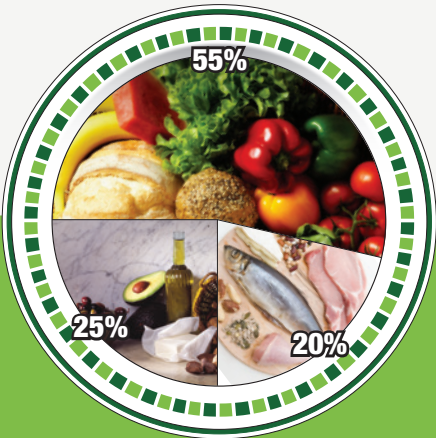
## So, which one is right for you?

All three plans are healthy and well balanced, incorporating whole grains, lean proteins, and lots of fruits and vegetables. Each starts you off at 1,500 calories per day. You can adjust your caloric intake up or down to 1,800 or 1,200 calories to fit your needs.

Each plan is based on a specific proportion of carbohydrates, protein, and fat. See the following pages on how they differ. Then choose the plan that you feel you can best stick to based on your eating preferences.



## BETTER BALANCER

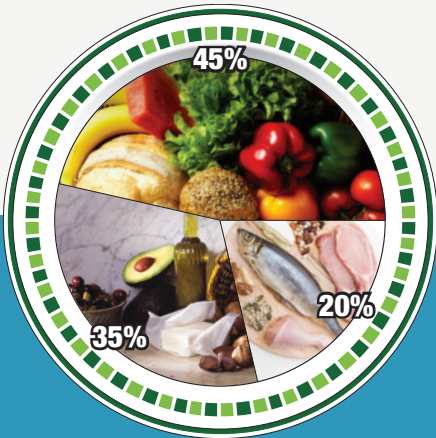


### If you enjoy variety.

*This approach is good if you enjoy a lot of food variety (flavor and texture) and a wide spectrum of food choices. It typically offers smaller portions of a wide variety of foods, which can help you feel full.*

55% Carbs  
20% Protein  
25% Fat

## CARB REDUCER



### If you enjoy protein.

*This approach is good if you enjoy lean meat, fish, cheese, and eggs, and can limit your consumption of refined carbohydrates (breads, pastas, and sweets). It typically offers larger portions of protein foods, which can help you feel full.*

45% Carbs  
20% Protein  
35% Fat

## FAT TRIMMER



### If you enjoy fruits, vegetables, and grains.

*This approach is good if you enjoy fruits and vegetables, like whole-grain foods, and don't like to eat a lot of meat. It typically offers a larger volume of food, which can help you feel full.*

65% Carbs  
15% Protein  
20% Fat

Here’s what you’ll eat more or less of on each plan:

	BETTER BALANCER	CARB REDUCER	FAT TRIMMER
CARBS	<i>This plan is right in the middle when it comes to carbs, so your body will be properly fueled with healthy whole-grain sources such as multigrain tortillas, oatmeal, and whole-grain pasta, plus starchy vegetables like squash, peas, and potatoes.</i>	<i>This plan has the lowest proportion of carbs, but you’ll still get plenty of healthy fuel from whole-grain sources such as brown rice, English muffins, and oatmeal.</i>	<i>If you like carbs, this could be your plan. You’ll get the highest proportion of filling whole-grain rice, pasta, and food such as bread and crackers.</i>
PROTEIN	<i>At 20% of your daily intake, you’ll get just the right amount of lean protein from sources such as egg whites, cottage cheese, and a variety of lean meats.</i>	<i>This plan allows for a slightly higher proportion of protein, so many of the recipes allow for lean protein sources such as chicken, steak, or pork.</i>	<i>Because protein from meat is typically higher in fat, you’ll eat less meat and high-fat protein sources such as cheese and eggs, with an emphasis on plant and vegetable proteins, such as legumes. If a vegetarian entrée sounds appealing from time to time, this plan could work well for you.</i>
FAT	<i>You’ll get a nice, balanced amount of fat in your diet, so you’ll be able to enjoy cooking with healthy oils like olive and canola, plus eating staples such as olives, avocados, and nuts.</i>	<i>This plan allows for a few more calories from fat, so if you really enjoy cooking with oil and dressings, or really like to eat things like olives, nuts, and avocados, this could be your plan.</i>	<i>This plan has the lowest fat percentage, but still allows a moderate amount of healthy fats, so you’ll still be able to enjoy things like nuts, salad dressing, olives, and margarine, just in smaller quantities.</i>
NUTRILITE® product differences for each plan.	<i>On the Better Balancer plan, you’ll enjoy NUTRILITE Meal Replacement Shakes, and supplement with NUTRILITE Chromemate and INVISIFIBER®. You are free to continue taking the supplements you currently use.</i>	<i>As a Carb Reducer, you’ll eat NUTRILITE Protein Bars and supplement with Carb Blocker 2 and INVISIFIBER. You are also able to take the supplements you currently use.</i>	<i>On the Fat Trimmer Plan, you’ll enjoy NUTRILITE Meal Replacement Shakes and supplement with NUTRILITE CLA 500, and INVISIFIBER. You are still free to continue to take any supplements you currently use.</i>

Compare these sample daily meal plans

from the Better Balancer, Carb Reducer, and Fat Trimmer plans to get a feel for how they’re different. You’ll notice that no single food group is severely restricted, meaning you’ll never feel deprived!

	BETTER BALANCER	CARB REDUCER	FAT TRIMMER
BREAKFAST	250 mL / 1 cup oatmeal Banana 15 mL / 1 T. ground flaxseed	250 mL / 1 cup oatmeal Banana 30 mL / 2 T. ground flaxseed	250 mL / 1 cup oatmeal 250 mL / 1 cup skim milk 30 mL / 2 T. raisins 125 mL / ½ cup 100% fruit juice
SNACK	Yogurt	NUTRILITE® Snack Bar	NUTRILITE Nutrition Bar
LUNCH	250 mL / 1 cup canned chicken noodle soup 12 whole-grain crackers Apple 500 mL / 2 cups raw celery/carrot/bell pepper strips	Turkey lettuce wrap 250 mL / 1 cup skim milk 125 mL / ½ cup canned fruit	Cottage cheese ‘n’ tuna lunch 4 crispbreads 250 mL / 1 cup tomato, sliced or diced
SNACK	NUTRILITE Meal Replacement Shake	24 animal crackers Yogurt	1.5 L / 6 cups air-popped popcorn 10 mL / 2 tsp. Parmesan cheese (grated) Orange
DINNER	Chili 28 g / 1 oz. shredded low-fat cheese 5 saltine crackers 750 mL / 3 cups mix ‘n’ match salad 30 mg / 2 T. reduced-fat salad dressing 300 mg / 1¼ cups strawberries 30 mg / 2 T. reduced-calorie whipped topping	Lime ‘n’ mustard salmon 250 mL / 1 cup steamed broccoli 10 mL / 2 tsp. margarine Nectarine 250 mL / 1 cup skim milk	Veggie fajitas ¼ avocado 125 mL / ½ cup mixed fruit 30 mg / 2 T. reduced-calorie whipped topping

**Ready to order?** Here's what you'll get with each plan:



## BETTER BALANCER

*To manage your weight more effectively, you could benefit from a diet that balances nutrients while cutting calories.*

**NEW! BODYKEY by NUTRILITE™ Better Balancer Plan**

Includes:

- NUTRILITE® Meal Replacement Shakes
- NUTRILITE INVISIFIBER® Supplement
- NUTRILITE Chromemate

**11-8007** Vanilla Meal Replacement Shake

**11-8977** Chocolate Meal Replacement Shake



## CARB REDUCER

*To manage your weight more effectively, you could benefit from a diet that cuts back on certain carbohydrates while also reducing calories.*

**NEW! BODYKEY by NUTRILITE Carb Reducer Plan**

Includes:

- NUTRILITE Protein Bars
- NUTRILITE INVISIFIBER Supplement
- NUTRILITE Carb Blocker 2

**11-8005** Chocolate Delight Protein Bar

**11-8975** Cinnamon Bun Protein Bar



## FAT TRIMMER

*To manage your weight more effectively, you could benefit from a diet that reduces fat and calories.*

**NEW! BODYKEY by NUTRILITE Fat Trimmer Plan**

Includes:

- NUTRILITE Meal Replacement Shakes
- NUTRILITE INVISIFIBER Supplement
- NUTRILITE CLA 500

**11-8006** Vanilla Meal Replacement Shake

**11-8976** Chocolate Meal Replacement Shake

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